

Step-by-Step Guide: Olympic Wushu Chang Quan (Long Fist) Routine for Women

Chang Quan (Long Fist) is a dynamic, athletic wushu form featured in international competitions, including the Olympics. It emphasizes extended kicks, powerful strikes, acrobatics, and fluid transitions. Below is a structured, step-by-step breakdown of a standard Chang Quan routine, based on elementary and competition forms.

General Characteristics

- Open, extended postures
- High-speed hand and leg techniques
- Aerial and acrobatic movements
- Emphasis on flexibility, strength, and fluidity^{[1] [2]}

Basic Structure of a Chang Quan Routine

1. Commencing Movements

- Begin in a ready stance.
- Perform an empty stance with palm turning.
- Bring feet together and palms together to signal the start^[3].

2. Section 1: Fundamental Techniques

- Bow stance and punch
- Snap kick and punch
- Horse stance and punch
- Bow stance and punch (repeat)
- Snap kick and punch (repeat)
- Giant leap (jump forward into stance)
- Bow stance and slap
- Horse stance and palm block^[3]

3. Section 2: Transitional and Complex Moves

- Empty stance and palm punch
- Knee-lifting and piercing palm
- Squatting stance and piercing palm
- Empty stance and tilt palm
- Horse stance and slap
- Splitting stance and double waving palm
- Bow stance and slap
- Turning kick, horse stance, and hook elbowing^[3]

4. Section 3: Power and Coordination

- Resting stance and swinging hammer strike
- Squatting stance and palm turning
- Bow stance and fist hack
- Shifting and jumping step, bow stance and punch
- Horse stance and punch
- Bow stance and downward punch
- Splitting stance, palm turning, and side kick
- Empty stance and tilt punch^[3]

5. Section 4: Advanced Techniques and Finish

- Bow stance and elbowing
- Turning and left slap kick
- Right slap kick
- Jump front kick
- Resting stance and downward punch
- Squatting stance and swinging hammer strike
- Knee lifting and tilt palm
- Knee lifting, palm hack, bow stance and punch^[3]

6. Finishing Movements

- Empty stance and palm turning
- Bring feet together and palms together to signal the end^[3]

Key Points for Each Step

- **Stances:** Practice bow, horse, empty, resting, and squatting stances for stability and power^[3].
- **Hand Techniques:** Include fists, palms, hooks, and hammer strikes.
- **Kicks:** Snap kicks, slap kicks, jump kicks, and side kicks are essential.
- **Transitions:** Move smoothly between stances, maintaining balance and fluidity.
- **Breathing and Spirit:** Quick hands, sharp eyes, energetic spirit, and relaxed breathing are vital for authentic performance^[3] ^[2].

Example: First Few Steps (Detailed)

1. **Commence:** Stand straight, feet together, hands at sides. Inhale, raise arms in a circular motion, then settle into an empty stance with palms turning outward^[3] ^[4].
2. **Bow Stance and Punch:** Step forward into a bow stance, punch with the lead hand.
3. **Snap Kick and Punch:** From bow stance, lift rear leg for a snap kick, land, punch forward.
4. **Horse Stance and Punch:** Shift to horse stance, punch across the body.
5. **Repeat:** Alternate sides, maintaining strong, extended movements^[3] ^[4].

Training Tips

- Focus on flexibility and strength to execute high kicks and jumps.
- Practice transitions between stances for seamless movement.
- Watch demonstration videos to refine technique and timing^[5] ^[6] ^[4].
- Consistent practice is key to mastering the form’s athletic and aesthetic demands^[1] ^[2].

Summary Table: Common Chang Quan Movements

Section	Key Movements
Commence	Empty stance, palm turning, feet together
Section 1	Bow stance punch, snap kick, horse stance
Section 2	Knee-lift, piercing palm, splitting stance
Section 3	Hammer strike, fist hack, side kick
Section 4	Elbowing, slap kicks, jump front kick
Finish	Empty stance, palm turning, feet together

For a full demonstration and further breakdown, reference instructional videos and official wushu guidelines^[3] ^[4].



Overview of Olympic Wushu for Women

Wushu is a modern competitive sport derived from traditional Chinese martial arts, featuring both *taolu* (routines) and *sanda* (sparring) events^{[7] [8]}. For women, the main *taolu* (forms) events at major international competitions include:

- **Changquan (Long Fist)**
- **Nanquan (Southern Fist)**
- **Jianshu (Straight Sword)**
- **Qiangshu (Spear)**
- **Daoshu (Broadsword)**
- **Gunshu (Staff)**
- **Taijiquan (Tai Chi Hand Form)**
- **Taijijian (Tai Chi Sword Form)**

Changquan (Long Fist) for Women

Changquan is one of the most prominent and visually dynamic wushu events for women. It emphasizes:

- Fully extended kicks and striking techniques
- A balance of hand and foot techniques
- Impressive acrobatic kicks and jumps
- High flexibility and athleticism^[9]

Changquan routines are performed individually and judged on technical skill, performance quality, and degree of difficulty, similar to gymnastics or diving scoring systems^{[9] [7]}.

Competition Format and Rules

- **Routine Duration:** For Changquan, routines must last at least 1 minute 20 seconds in senior divisions^{[10] [11]}.
- **Judging:** Routines are scored on three main components:
 - Quality of movements (5 points)
 - Overall performance (3 points)
 - Degree of difficulty (2 points)^{[7] [9]}
- **Attire:** Women's uniforms must have a half or fully openable front, fastened according to regulations^[10].
- **Event Structure:** Athletes perform individually; results are ranked by score. Medals are awarded to the top three competitors^{[12] [13]}.

Recent Results Example

At the 2022 Asian Games, the women's Changquan gold medal was won by Li Yi (Macau) with a score of 9.786, demonstrating the high level of skill and competition in this event^[13].

Notable Points

- Wushu, including Changquan, is not yet an official Olympic sport but features in major international events like the Asian Games and World Wushu Championships^[8] ^[9].
- The sport continues to grow in global recognition, with efforts ongoing to include it in future Olympic programs^[9].

In summary:

Olympic-style wushu for women is a highly athletic, judged martial arts competition featuring events like Changquan, where routines are scored for technical skill, artistry, and difficulty. The sport is governed by detailed international rules and is a highlight of major multi-sport events in Asia and worldwide^[10] ^[11] ^[13] ^[7] ^[9].

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1. <https://dewushu.com/blog/123072/History-of-The-Style-Chang-Quan>
2. <https://iwuf.org/en/sport-wushu/competitive-wushu/taolu/>
3. <https://www.youtube.com/watch?v=hABx8NqETz0>
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